



THE WENHAMITE

APRIL 2016

Volume 3, Issue 4

Staying active socially despite health-related challenges appears to help lessen the decline in well-being people often experience late in life, according to research published by the American Psychological Association. "Results indicate that living a socially active life and prioritizing social goals are associated with higher late-life satisfaction and less severe declines," said study lead author Denis Gerstorf, PhD, of Humboldt University. The research was published in the Journal of Psychology and Aging.

Researchers compared well-being, participation in social activities, social goals and family goals, during the later years. The research team found that being socially active and having social goals was associated with higher well-being late in life, but family goals were not. Complexity of family relationships is likely why family-oriented goals did not appear to lessen the decline in well-being, but more research would be required to determine it.

One intriguing observation was that while low social participation and lack of social goals independently were associated with lower levels of well-being, when combined they each *magnified* the other's effect. In other words, not being socially active *and* not making plans to be, have a significant impact on well-being.

A recent Boston Globe article echoed similar sentiment with regards to the advantages of living in a 55+ community, or if you stay in your home becoming members of, or starting, a non-profit organization like the Beacon Hill Village model. This model finds others who have decided to stay in their homes who each pay an annual fee of under \$1,000 for a variety of social, educational, and intellectual programs and activities, access to transportation and referrals to vetted services from home repair to home health care.

Sharon Hoffman, author of "Aging with a Plan: How a Little Thought Today Can Vastly Improve Your Tomorrow" says, "Social contact is vital to people's welfare throughout their lives and especially when they're older and perhaps more prone to being socially isolated." Hoffman goes on to say there are numerous studies showing distinct correlation between being socially active, longevity, and mental/physical health.

"A socially engaged lifestyle combines cognitive stimulation and physical activity, which in turn may protect against the neurological and physical factors underlying cognitive decline," said Gert Wagner from the German Institute for Economic Research, one of the co-authors. "Our results indicate that socially oriented lifestyle is related to maintaining well-being for as long as possible into the very last years of life."

References: Gert G. Wagner et al. Terminal Decline in Well-Being: The Role of Social Orientation. Psychology and Aging, March 2016. Jon Gorey, Boston Sunday Globe Address Section, March 13, 2016.

Despite snow on this late March 21st date, it would appear we might get a jumpstart into Spring. Two things come to mind; the return of Bocce and our 2nd year growing organic veggies and decorating with annuals.

We are looking for 6-8 people to join us and our bocce team and this involves coming over during the week for one hour for a game or two. Call it volunteer work for the COA! Last year we steadily improved before we went to play teams in Marblehead and Gloucester. Join us!

Our organic garden could use some horticultural volunteers willing to teach us how to maximize production in these easy to work with raised planters. We expect a load of organic soil from Brick End Farm soon, and we plan to get started with this 'easy way to garden' early.

We have a few programs getting started like AMP, and our TouchTEAM iPad training and we want to thank the library for accommodating the 35 people signed up for this 10 week program. Parking over at Buker School is very tight and the library will be perfect.

If you have read about the AMP program and are interested, please call me. Grant money is available from the National Council on Aging, and I need to know if we want to keep it going! Many thanks. JR



Wenham Transport Services



Call 978-468-5534

Service hours: Mon - Fri: 8 am - 3:30 pm

24 Hr. Advance Notice Preferred

- Local appointments & destinations
- Weekly Trips to Rowley Market Basket
 - Mystery Rides
- Van is wheelchair accessible
- \$5.00 donation appreciated



Hamilton, Wenham, Manchester, Essex, Ipswich, Danvers, Topsfield, Beverly, and Peabody

Outreach Service Programs

Charlie Card - No trip to Boston required. Call the Ipswich Senior Center for a (65+) pass which can be used on all MBTA transportation services. Ask to sign up for an appointment to complete the application for the Charlie Card at (978) 356-6650. They collect 15 applications after which they will schedule you to come in for a Charlie Card. If you haven't seen the Ipswich COA you should go see it! It is downstairs in the Town Hall, 25 Green Street in Ipswich. Please bring a photo id and your current Charlie Card to Ipswich, if you have one!

Used Medical Equipment The Wenham COA loans used medical equipment such as walkers, toilet seats, canes, shower chairs, and wheelchairs. Call Jim Reynolds at 978-468-5529 or the Wenham COA Van line at 978-468-5534 to use or donate items.

Benefits Check-up - Every Friday, from 12 - 2pm at the Wenham COA. Call Jim at (978) 468-5529 for more details. One-on-one counseling with Jim Reynolds. **Benefits Checkup** is a free service of the National Council on Aging (NCOA), a non-profit service and advocacy organization in Washington, DC. Benefits Checkup asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses like: medications, food utilities, legal costs, health care, housing, in-home services, taxes, transportation and employment training. You can access this tool yourself and/or review it with me. (<https://www.benefitscheckup.org>)

AARP TAX PREP - H-W Library now until **April 15** on Weds and Friday mornings. Call for an appointment 468-5577. AARP volunteers have agreed to Q&A appointments for people who are preparing their own taxes but just need a little clarification. These appointments will start at 12:00 noon on the same days. Important note: **The library will have very few IRS tax forms.** Their policy is that they can print (to order, upon request) any forms and schedules for free but we cannot print out instruction booklets. If you need multiple copies of forms the library will charge for those. There is an online order form and the IRS mail your tax products to your home, see "Forms and Publications by US Mail". (<https://www.irs.gov/uac/Forms-and-Publications-by-U.S.-Mail>)

Prescription Drug Costs too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program. Apply online: <https://www.socialsecurity.gov/medicare/prescriptionhelp/>

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center. SS contact: (800) 772-1213.

Extra Help	Monthly Limit	Income	Asset Limit
Individual	\$1,491/month		\$13,640
Couple	\$2,011		\$27,250

APRIL 6: Exercise That's Right for You: Discussion of the importance of aerobics, strengthening, flexibility and balance as they relate to aging with a focus on strategies for incorporating physical activity into daily routines.

APRIL 13: Medication Management: Best practices covering how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.

APRIL 20: Sleep: Overview of how sleep patterns changes as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.

APRIL 27: Healthy Eating, (meal prep.) and Hydration: Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy

****FOR REGISTERED AMP PARTICIPANTS ONLY****

EXERCISE AND YOU: April 6

Regina Baker, RN



Regina earned her BS in Psychology '89 and became an RN '96. She has been an RN for 20 years and a certified fitness instructor for over 15. She feels fortunate to be able to combine her passion for exercise and health & wellness while continuing her career as an orthopedic surgical nurse. Helping others of all ages and abilities and knowing the proven health benefits of strengthening exercise allows her to motivate others to optimize their wellness potential. Regina believes incorporating an exercise routine into your regular daily routine IS possible for anyone, and rewarded by a sense of overall wellbeing.



Lisa Bukkhegyi, Certified Yoga Instructor RYT

Lisa's yoga practice started as part of her therapy for the treatment of a brain tumor 17 years ago. She has worked as a Hospice volunteer and mentor for Imerman Angels, a one to one network for people with cancer. Her work in these organizations has brought an awareness of the emotional, physical and spiritual needs of others. After being certified she recognized the need to bring yoga and meditation to older adults with a deep conviction for its benefits. Lisa sees the practice of yoga as a "lifestyle change" that helps us maintain a balance between the body, mind & spirit.

SLEEP: April 20

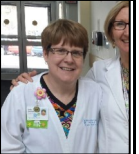
Darlene Woods, MSOTR/L



Darlene is a licensed and registered Occupational Therapist with over 16 years of experience working in skilled nursing facilities on Cape Cod. She obtained her degree from Mount Ida College in '98 and began her career as an occupational therapy assistant. In 2010, Mrs. Woods continued her educational endeavors at Salem State University in the field of occupational therapy and obtained her BS in 2012 and MS in 2015. As part of her graduate degree program, Mrs. Woods conducted a research study on the effects of yoga and occupational therapy on sleep quality in community-dwelling elders and was honored to present the outcomes of her study at the Massachusetts Association for Occupational Therapy (MAOT) 2015 Annual Conference. Due to her strong interest in the field of geriatrics, Mrs. Woods continues to work in skilled nursing facilities on Cape Cod.

MEDICATION MANAGEMENT: April 13

Sara Barnum MS, RN-BC



Sara is a graduate from Fitchburg State College with Bachelor of Science degree in Nursing and received her Masters of Science degree in Nursing with a focus in Gerontology and Education. She has over 25 years' experience working with the older population as well as teaching. She currently is the Beverly and Addison Gilbert Hospitals Clinical Educator for Geriatrics. Within her roll she provides education on gerontological issues. She Co-chairs the Geri-steering Committee and is the Educational Coordinator for all NICHE initiatives at Beverly and Addison Gilbert Hospitals. She has done numerous presentations on variety of gerontological topics

HEALTHY EATING & HYDRATION: April 27

Virginia Graves, R.N.c.M.S., Cert. Hospice and Palliative Care Nurse.



Virginia is a Registered Nurse and Nurse Practitioner, living and working on the North Shore most of her career. Her focus is education with a an emphasis on health promotion/lifestyle change for patients. She currently works at CareOne at Essex Park as the Facility Educator/Employee Health Coordinator. Her secondary focus has been Women's Health. She applies interventions in a manner that specifically meets patient needs toward optimum health. For example, dealing with anxiety, why loneliness is such key issue for aging women- always adding- "What you can do...") For fun, she enjoys exploring her family's ancestry- and recently discovered a very strong branch from Wenham!

Health & Wellness

S T R E T C H your body and relax your mind



YOGA WITH LISA

MONDAYS 1:00-2:00

\$5.00 donation appreciated

STRENGTH BALANCE FLEXIBILITY

MEDITATION OF MIND, BODY, & SPIRIT

STRENGTH, FLEXIBILITY AND BALANCE+ WITH REGINA

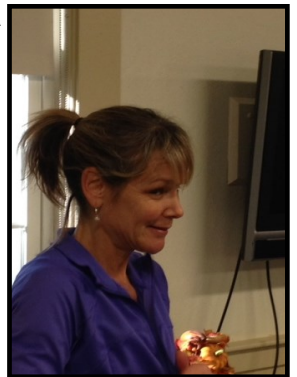


THURSDAYS 10:30-11:30

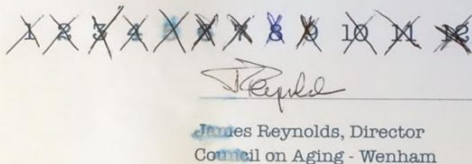
IMPROVE BALANCE ~ ENDURANCE ~

STRETCHING ~ STRENGTH

\$5.00 donation appreciated



The bearer of this pass, Nancy W. Spofford, is entitled to 12 free round trips on the van.



I know this card on the left has nothing to do with wellness, but we needed to squeeze it in! The card is the equivalent of a coupon card you can purchase for your family members or friends who might need a ride from us. This card cost \$36 for 12 rides and was simply introduced as a suggestion by a family member of one of our favorite people. We have discussed making these available as gift cards for friends and call me if interested. 468-5529 JR

Don't let the rain (or pollen) keep you from exercising! Two great options for cardio workouts right here in Wenham at Gordon College's Bennett Center on Grapevine Road. Register at HW Rec. Dept. 978-468-2178

Walking Pass

Enjoy the Bennett Center walking track for free. Come take advantage of this great opportunity for indoor walking space. Please register at the HW Recreation Department to receive your FREE pass. Location: Gordon College Bennett Center Day(s)

Times Mon, Wed, Fri 9:30 - 11:30 am FREE*

*You must have a pass to participate.

Lap Swimming Pass

Open lap swimming. You must register with the HW Recreation Department to get your swimming pass. This pass allows you to lap swim during the days and times found www.gordon.edu/bennett/schedule. (Bennett Center 978-867-3737)

Locker rooms and showers facilities are available. Resident Price: \$65 (20 visit pass) Non - Resident Price: \$80 (20 visit pass)

THE WENHAMITE

APRIL 2016 CALENDAR

H: Hamilton Council on Aging
W: Wenham Council on Aging
LH: Lamson Hall

HWL: Hamilton Wenham Library
HWCH: Hamilton Wenham Community House
ENON: Enon Village

HWR: Hamilton Wenham Recreation Dept.
WM: Wenham Museum
LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
RSVP for events marked with “ * ” 468-5534	<u>Crack the code!</u> Above are all the locations for different things going on. If something is going on at the library it will say “HWL”!	<i>....oh and we need one or two more people so we always have 2 tables. <u>Monday BRIDGE</u> at 6:30pm!</i>	<i>....and we need two more crazy knitters for 1st and 3rd Thurs. <u>RIFF Book Grp</u> 2nd Thurs. too <u>Fun Groupz!</u></i>	1 Bridge - HWL 1pm - 4:30pm. Visit from The Museum of Bad Art HWL 10:30am
4 *SHINE W 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1 pm Bridge - W 6:30pm Breast Cancer Support Grp. Meeting HWL 6:30	5 *Outreach Office Hours W *Call for home visit appointments 10-1:30 *Movie 1:30pm	6 Bridge - HWL - 10am Aging Mastery HWL 12:00-2:00 Operation Mincemeat HWL 7pm	7 *Market Basket *Blood Press Chk W call: 9:30 - 10:15am Balance+ W/Regina 10:30am - 11:30am *KUE Knitting Group W 2 - 4PM	8 Bridge - HWL 1pm - 4:30pm <hr/> Sat. 9th 11am H-W Lib. ESTATE PLANNING <i>Matt Karr</i>
11 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1 pm Bridge - W 6:30pm	12 *Senator Tarr Rep. W 10:30 - 11:30 Literary Luncheon - HWL 11:30-12:30 ~COA Board Mtg~ W - 2pm Boat Safety - HWL 6-8pm	13 Bridge - HWL - 10am Aging Mastery HWL 12:00-2:00	14 *Market Basket *Blood Press Chk W call: 9:30 - 10:15am Balance+ W/Regina 10:30am - 11:30am *RIFF Book Grp - W 2 - 4PM	15 <i>How are you smart! Multiple Intelligences</i> HWL 10:30am *YouTube W 12 Bridge - HWL 1pm - 4:30pm
18 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1 pm Bridge - W 6:30pm	19 <i>*NEW!</i> Adult Coloring W 10:00-12:00 Literary Lunch HWL Mornings in Jenin 11:30 *Movie 1:30pm Self defense workshop. HWL 7pm	20 *Podiatrist W 9am Bridge - HWL 10am Aging Mastery HWL 12:00-2:00 *Paintnite by Day w/ Aleah 2-4	21 *Market Basket *Blood Press Chk W call: 9:30 - 10:15am Balance+ W/Regina 10:30am - 11:30am *KUE Knitting Group W 2 - 4PM	22 Bridge - HWL 1pm - 4:30pm *Facebook W 12 At Gordon College: <i>The Boys in the Boat, the rest of the story.</i> 7PM
25 *SHINE W - 9am - 12p Knitting - HWL 12 pm - 2 pm *Chair Yoga W Lisa 1 pm Bridge - W 6:30pm	26 *Movie 1:30pm “Ghost Army” HWL 7:30pm <i>Lecture by author</i>	27 Aging Mastery HWL 12:00-2:00 *Open Studio w/ Aleah W 2pm - 4pm	28 *Market Basket *Blood Press Chk W call: 9:30 - 10:15am Balance+ W/Regina 10:30am - 11:30am	29 Bridge - HWL 1pm - 4:30pm *Twitter W 12

Library and other News

Bridge Group - Mondays & Wednesdays from 10am -12pm and Fridays 1pm - 4:30pm.

Knitting Group Mondays - 12:00 – 2:30 PM at the H-W Library. For beginners or experienced knitters. Drop in once or become a regular, everyone is welcome

Cribbage - Thursdays – 10 AM – 12:00 PM at the H-W Library Contact: Rebecca Shea (978) 468-5577. All are welcome!

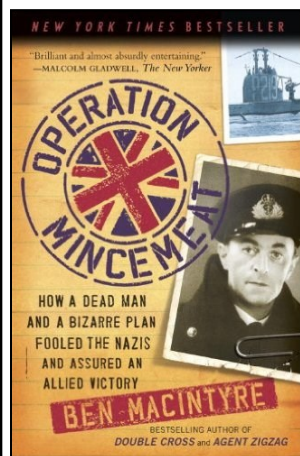
Literary Luncheon -Tuesday - April 19 at 11:30 **Mornings in Jenin** by Susan Abulhawa. "This is the Palestinian story, as never told before, through four generations of a single family." - Amazon.

Monday, April 4 at 6:30. Post-Treatment Breast Cancer Support Group

Friday, April 15 at 10:30. **It's Not How Smart You Are It's HOW You Are Smart: Multiple Intelligence Theory**

Tuesday, April 19 at 7:00. Self-Defense Workshop

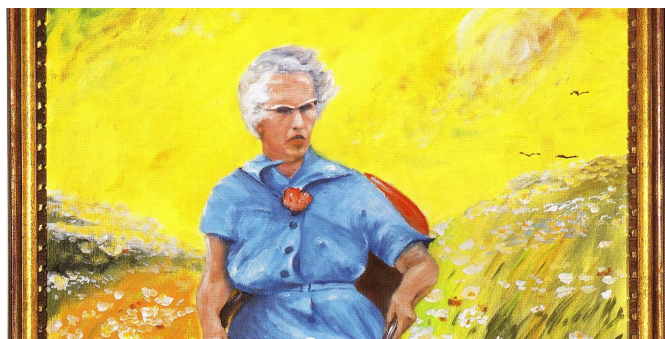
Friday, April 22 at 7:00. @ Gordon College: **The Boys in the Boat, the Rest of the Story**



Wednesday, April 6th, 7:00 p.m. Led by Dede McManus.
New faces always welcome!

"In 1943, from a windowless basement office in London, two brilliant intelligence officers conceived a plan that was both simple and complicated — **Operation Mincemeat**. The purpose? To deceive the Nazis into thinking that Allied forces were planning to attack southern Europe by way of Greece or Sardinia, rather than Sicily, as the Nazis had assumed, and the Allies ultimately chose. ~ Amazon.

Available in hardcover, large print, CD, MP3CD, & Playaway.



Friday, April 1st at 10:30 am. The H-W Library will have a visit from **The Museum of Bad Art**. "The Museum of Bad Art collects and exhibits original art in which 'something has gone wrong'. The collection ranges from the work of talented artists that have gone awry to works of exuberant execution by artists barely in control of the brush."

From Normandy to the Rhine, the 1,100 men known as the **Ghost Army**, conjured up phony convoys, phantom divisions, and make-believe head-quarters to fool the enemy about the strength and location of American units. Rick Beyer tells the full story of how a traveling road show of artists wielding imagination, paint, and bravado saved thousands of American lives. Meet best-selling author and award-winning documentary film maker Rick Beyer as he shares their amazing story.



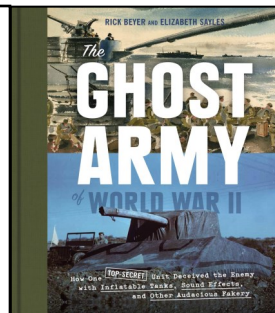
Tuesday, April 26th, 6:30

Meet & Greet with author Rick Beyer

7:00-7:15 Brief Friends of the Library Meeting

7:30 Rick Beyer on The Ghost Army

Hamilton-Wenham Public Library 978-468-5577



ADVENTURE TRAVELS - DAY TRIPS - ENTERTAINMENT

Adult coloring

Unlock Your Creativity
All colorists are welcome!

It's calming
It's relaxing
It's social
Stress-relief
WE CONNECT!

.....
WHERE: Wenham Council on Aging

WHEN: Tuesday, April 26th

TIME: 10 a.m. ~ noon

We will provide all materials, plus coffee,
muffins, music & conversation



ELTON JOHN & BILLY JOEL TRIBUTE SHOW Tuesday, May 17 ~ \$65pp Each artist performs a solo set with a 5-6 piece band, and then culminates the show with a Face to Face set which features both of them playing together on 2 pianos trading off lyrics on each song they perform. This show is held at Danversport Yacht Club and includes a delicious meal of chicken or scrod. Transportation on the COA van is available for 14 people at \$2/pp. You may also drive your own car if the van is full.

LOBSTERBAKE & KENNEBUNKPORT Wednesday, June 22 ~ \$89pp The day begins with a bountiful lobsterbake at the Clambake Seafood Restaurant in Scarborough, ME at Old Orchard Beach. Enjoy a guided tour of Kennebunkport including a stop at the lovely gardens & shrines of the Franciscan Monastery. Your meal includes a choice of lobster & clams or baked haddock.

ISLES OF SHOALS & PORTSMOUTH HARBOR CRUISE

Thursday, July 21 ~ \$99pp Board the Victorian style Thomas

Laighton & tour the New Hampshire & Maine Seacoasts as well as Portsmouth Harbor. Enjoy lunch at the Portsmouth Gas Light Company. Your choice includes chicken cordon bleu, baked haddock or rotisserie pork.

RED SOX TICKETS AVAILABLE FOR GAMES IN JULY AND AUGUST. CALL 468-5529 JIM

NH TURKEY TRAIN AND NE GOES COUNTRY SHOW Monday, October 18 ~ \$99pp Enjoy a guided tour and visit to the Cathedral of the Pines in Rindge, NH, lunch at JP Stephens, a visit to Smith's Country Cheese in Winchendon, MA and a visit to Red Apple Farm in Phillipston, MA where you will be given apple dumplings to take home.

FOXWOODS Wednesday, November 16 ~ \$29pp Trip includes casino bonus, buffet or \$10 food voucher and \$10.00 casino slot play.

CHRISTMAS - O SOLE TRIO Tuesday, December 6 & 7 ~ \$65pp Danversport YC. *O Sole Trio* is a vibrant musical ensemble featuring the lush voices of soprano Erin Shields, baritone Giuseppe Spoletini and virtuosic David Shenton on piano and violin.

CHRISTMAS AT NEWPORT MANSIONS Thursday, December 15 ~ \$69pp Visit the festive Breakers and Marble House and enjoy a tour of Newport. Lunch is on your own at Bowen's Wharf.

Wenham COA Aging Services and Resource Center

10 School Street, Wenham, MA 01984

(978) 468-5534

Pre-sorted Standard

U.S. Postage Paid Bulk
Permit No. 111

WENHAM, MA 01984

Wenham Council on Aging is looking for volunteer help with hospitality. Call (978) 469-5529

Wenham Issues of Social Service Help

WISSH Confidential temporary financial and social service assistance. (978) 468-5520 x9

Prescription Advantage - This is a state – sponsored program that supplements your Medicare drug plan and fills the gap when your Medicare prescription drug plan run out. Call them today! (800) AGE-INFO and press 2 to learn more.

The Ride - Anyone who has recently lost their license for medical reasons and needs rides from Wenham to Boston or anywhere in between should contact me to help expedite the process. It is an amazing service! Contact - JR

Deliver to addressee or current resident

In every walk with nature one receives more than he seeks.

—John Muir

Wenham Board Members

Chairman - Lucy Sprague Frederiksen
Roseann Brozenske - Vice Chair
Juliana Dodge - Secretary
Penelope Wingate
Peggy Gauthier
Diana Lang
Elizabeth Colt

Friends of Wenham COA

Jim Howard - President
Ann Geikie - Vice President
Bob Wilkes - Treasurer
Jim Howard - Secretary

**LET'S START A WALKING
GROUP! TRANSPORTATION
AVAILABLE 468-5529**



Adaptive Equipment

Do you need or have a wheelchair, walker, cane, commode or bed rail you want to borrow or for us to store. We have a wide variety of equipment to lend!



A true champion of our cause, Dorothy (Dottie) Woodbury, passed away in February, as our March newsletter had gone to press. We are going to miss Dot's tremendous energy, generous spirit, wonderful humor, and her motivation to make things better for all people here in Wenham with her many roles in our community over the years.

Dottie helped with just about every COA activity during her years - organizing everything ~ whether on Kite Day, yard sales, ice cream socials, the distribution of plants during the winter holidays to all seniors here in town, and so much more! Dot participated in all aspects of town life and was a well loved, smiling presence for decades. Many thanks to those people who have so generously contributed to the Friends of the Wenham COA or FWCOA on her behalf. We are thankful and honored for Dottie naming us as the designee for donor gifts.

Dottie is survived by her daughter, Jane O. Woodbury and her husband Wayne Hadlock; her son Robert S. Woodbury and his wife Catherine; her grandchildren Amy S. Woodbury and her fiancé Joseph Walsh, Mary C. Woodbury Hooper and her husband Scott Hooper, and Elizabeth J. Woodbury; and her great granddaughter Louisa J. Hooper, all of Hamilton. In addition to her husband, Dottie was predeceased by her cousin Mary (Dewar) Crowell. Dottie will be missed and remembered with much love by all who knew her. "A life well lived!"